



# Georgia Stars 2031 Gold

## Player Standards and Responsibilities

Every Georgia Stars 2031 Gold player is expected to represent the team with discipline, professionalism, accountability, and pride. Talent alone is not enough.

These standards are the responsibility of the player—not the parent. Parents may provide guidance and support, but each player will be held directly responsible for their uniform, equipment, preparation, nutrition, spending, academics, assignments, personal hygiene, appearance, behavior, and decisions.

### 1. Uniform Responsibility

Each player is personally responsible for bringing and properly maintaining every required part of the team uniform, including:

- Team jersey or top
- Team shorts or bottom
- Required undershirt
- Team socks
- Approved basketball sneakers
- Warm-up gear and other required team apparel

The player must ensure that every uniform item is clean, pressed, packed, and ready before leaving for a tournament.

**If you do not have the complete required uniform, you will not play. Your parent will not be held responsible for something you failed to bring.**

### 2. Responsible Eating and Spending

Players must make responsible food choices before and during tournaments. As the season progresses, players may be provided with gift cards to purchase meals, healthy snacks, water, and sports drinks that help keep their bodies properly fueled and in top condition.



Gift cards and tournament meal funds are for approved food and hydration needs—not candy, junk food, video games, or unrelated purchases.

Each player is responsible for:

- Eating balanced meals that support athletic performance
- **Avoiding fried foods, junk food, candy, and sugary drinks**
- Staying properly hydrated
- Using gift cards and travel funds responsibly
- Keeping receipts when requested by team leadership

If a player uses their gift card or meal funds irresponsibly, the parent will not be expected to replace them. The player must accept responsibility for that decision.

### 3. Sleep and Game Preparation

Players must get enough sleep before games. Staying up late using phones, playing video games, watching television, or socializing can negatively affect individual performance and the entire team.

Each player is responsible for following the established curfew and arriving rested, alert, focused, and prepared to compete.

Parents will not be blamed when a player knowingly chooses to ignore curfew or remain awake after being instructed to sleep.

### 4. Academic Standards

Every player is expected to maintain a **3.0 GPA or higher**.

Players are responsible for:

- Completing school assignments on time
- Attending school consistently
- Studying and preparing for tests
- Communicating when academic assistance is needed
- Providing requested progress reports or report cards
- Maintaining appropriate behavior at school



Academic problems may affect a player's ability to practice, travel, or participate in games. The player—not the parent—will be held accountable for failing to complete assignments or maintain the required academic standard.

## 5. Coaching Assignments

Players are responsible for completing every assignment provided by the coaching staff, including:

- Individual basketball workouts
- Conditioning and strength exercises
- Film study
- Playbook review
- Recovery assignments
- Academic or personal-development activities

Parents are not responsible for completing, tracking, or reminding players about coaching assignments. Each player must learn to manage their own responsibilities.

Failure to complete assignments may affect playing time and the player's role on the team.

## 6. Phone Management During Tournaments

Phones must not become a distraction during tournaments. Coaches may establish designated times when phones must be turned off, silenced, or collected.

Players may not use phones during:

- Team meetings
- Film sessions
- Pregame preparation
- Warmups
- Games
- Halftime
- Postgame discussions
- Team meals or activities when instructed



Disrespectful social-media posts, inappropriate recordings, online arguments, or sharing private team information will not be tolerated.

Each player is responsible for managing their phone and following team instructions. Parents will not be held responsible when a player chooses to violate the phone policy.

## 7. Attendance and Punctuality

Players must arrive on time for practices, games, workouts, meetings, departures, and team activities.

**“On time” means completely dressed and ready to begin—not entering the building at the scheduled start time.**

Players are responsible for knowing the schedule, preparing in advance, and communicating appropriately if an unavoidable issue occurs.

Repeated lateness or unexcused absences may result in reduced playing time or additional consequences.

## 8. Respect and Coachability

Players must respect coaches, teammates, opponents, officials, parents, tournament staff, hotel employees, and members of the public.

Players are expected to:

- Listen when coaches are speaking
- Accept instruction and correction
- Maintain positive body language
- Avoid arguing, complaining, and making excuses
- Encourage teammates
- Place the team ahead of individual attention
- Respond respectfully, even when disappointed

Disrespectful behavior, bullying, fighting, profanity directed at others or attempts to divide the team will not be tolerated.



## 9. Personal Responsibility

Players must take responsibility for their actions, preparation, equipment, and performance.

Blaming parents, teammates, coaches, officials, or anyone else does not meet the Georgia Stars 2031 Gold standard.

When a mistake is made, the player is expected to:

- Acknowledge the mistake
- Accept the consequences
- Learn from the situation
- Correct the behavior
- Avoid repeating the same mistake

Accountability means taking ownership without excuses.

## 10. Health, Hydration, and Injury Reporting

Players are responsible for properly hydrating, following recovery instructions, and immediately reporting injuries or health concerns to the coaching staff.

Players should never hide an injury to remain in a game.

Energy drinks, vaping, tobacco, alcohol, illegal drugs, and other prohibited substances are strictly forbidden.

Each player must make responsible choices that protect their health, safety, development, and ability to compete.

## 11. Tournament and Hotel Conduct

Players represent Georgia Stars 2031 Gold throughout the entire trip—not only while wearing the uniform.



Players must:

- Follow curfews and room assignments
- Remain in approved areas
- Keep hotel rooms and team spaces clean
- Avoid excessive noise and disruptive behavior
- Never leave the hotel or tournament location without permission
- Treat hotel, tournament, and team property responsibly
- Follow all instructions from coaches and team leadership

Players will be held responsible for misconduct or property damage caused by their actions. Parents will not be blamed for a player's decision to disregard established rules.

## 12. Practice & Game-Day Focus

Players must arrive mentally and physically prepared to compete.

Before games, players should focus on:

- Warmups
- Coaching instructions
- Team strategy
- Proper hydration
- Mental preparation
- Supporting their teammates

Phones, social media, spectators, personal statistics, and outside distractions must not interfere with game preparation or team performance.

## 13. Sportsmanship

Players must compete with toughness, confidence, and intensity while demonstrating discipline and self-control.

**Communicating With Officials:** Players must never argue with officials. If an opponent is doing something illegal, unsafe, or underhanded, respectfully address the official by saying, **“Sir” or “Ma’am,”** and calmly explain what is happening—or quietly inform your coach.



Keep the conversation discreet so you do not alert the opposing player or coach. This allows the officials and coaching staff to watch for the action if it happens again. Regardless of the situation or decision, players must always communicate with officials respectfully.

The following behaviors are unacceptable:

- Taunting opponents
- Disrespectful celebrations
- Fighting
- Using inappropriate language
- Leaving the bench without permission
- Refusing to shake hands or demonstrate good sportsmanship
- Displaying negative body language toward coaches or teammates
- Under no circumstances should a player intentionally attempt to injure an opponent or cause physical harm.

These actions may result in immediate removal from the game and additional team consequences.

## **14. Communication**

If a player has a concern, the player should communicate respectfully with the coaching staff at the appropriate time.

Players are expected to learn how to speak for themselves instead of relying on parents to handle every basketball-related concern.

Communication must be:

- Respectful
- Honest
- Direct
- Timely
- Focused on solutions

Players should never use social media, group messages, teammates, or other parents to create conflict or avoid speaking directly with the coaching staff.



## 15. Protecting Your Reputation, Your Team, and the Georgia Stars Organization

Everything a player says, posts, shares, and does affects their own reputation and reflects upon their family, teammates, coaches, **Georgia Stars 2031 Gold, the Georgia Stars organization, and all its teams.**

Players must think carefully before speaking, posting online, sharing content, or making decisions that could damage their reputation or the reputation of the team. Private team matters—including strategies, disagreements, coaching decisions, and player information—must remain confidential.

Before speaking, posting, sharing, or acting, every player should ask:

**“Does this protect or damage my reputation, my team, and the Georgia Stars organization?”**

Representing **Georgia Stars 2031 Gold and the Georgia Stars organization** is a privilege. Every player is responsible for protecting that privilege through mature, respectful, and responsible conduct—both on and off the court.

## 16. Bench Conduct

Our goal is to ensure that every player receives adequate playing time and meaningful opportunities to contribute. However, playing time will be based on the needs of the team, each player’s preparation, effort, attitude, performance, and the coaching staff’s decisions.

When a player is on the bench or removed from the game for any reason, that player is expected to remain fully engaged and support the team.

Players must:

- Cheer for and encourage their teammates
- Maintain positive and confident body language
- Immediately adjust any negative body language
- Avoid pouting, slouching, complaining, or showing frustration



- Pay attention to the game and all coaching instructions
- Communicate respectfully with coaches about what is happening on the floor
- Bring important observations to the coaches' attention without interrupting or distracting them
- Help identify defensive assignments, matchups, screens, and other important game situations
- Remain mentally and physically prepared to reenter the game at any time
- Accept substitutions and coaching decisions without arguing
- Celebrate the team's success whether they are on the court or the bench

The bench is an active part of the team—not a place to disconnect from the game. A player's attitude and conduct while on the bench will be considered when evaluating leadership, maturity, coachability, and future playing time.

**Whether you are playing or sitting on the bench, you are still part of the game and responsible for helping the team win.**

## **17. Personal Hygiene and Appearance**

Each player is personally responsible for maintaining proper hygiene and presenting a clean, neat, and professional appearance always.

Players are expected to:

- Shower regularly, especially before and after practices and games
- Apply deodorant and maintain proper personal hygiene
- Wear clean clothing, uniforms, socks, and undergarments
- Keep their hair and overall appearance neat and presentable
- Maintain clean basketball shoes and team apparel
- Be conscious of their appearance while traveling, attending team activities, and representing the organization

Personal hygiene and appearance are the player's responsibility—not the parent's responsibility.

First, you represent yourself. Second, you represent your parents and family. Finally, you represent Georgia Stars 2031, the Georgia Stars organization, and all its teams.



**Take pride in yourself, your appearance, and the organization you represent.  
Be the best version of yourself at all times!**

## **18. Individual Stretching and Warmup Preparation**

Every player is responsible for preparing their body before the official team warmup begins, which makes arriving early critical. The team warmup is not the time to start getting loose—it is the time to come together, sharpen our focus, and prepare to compete as one team.

Players must arrive early enough to complete their individual preparation, including:

- Light movement to increase body temperature
- Individual stretching and mobility exercises
- Activation of the legs, hips, core, shoulders, and ankles
- Addressing any personal tightness or soreness
- Completing any approved injury-prevention or recovery exercises
- Light ball-handling or basketball movements when permitted
- Reporting any pain, injury, or physical concern to the coaching staff

All individual routines must be safe and consistent with instructions from the coaching staff, athletic trainer, physical therapist, or medical provider.

No player should arrive at the team warmup cold, unprepared, or expecting the team to wait while they get physically ready. Proper preparation helps reduce the risk of injury, improves performance, and demonstrates discipline and personal responsibility.

**Prepare yourself first. Then prepare with the team. When the official team warmup begins, every Star must be ready to work!**

## **19. Individual Shooting and Ball-Handling Warmups**

Every player is expected to complete an individual shooting and ball-handling warmup before the official team warmup begins.

Each player will be provided with a basketball labeled with their name. Before each game, the player is responsible for retrieving their assigned basketball from the team bag and using it for their individual warmup.



Players should use this time to:

- Get shots up before the game
- Warm up their dribbling and ball-handling
- Work on finishing around the basket
- Establish their shooting rhythm
- Build confidence and focus
- Prepare mentally and physically to compete
- Complete any additional basketball preparation assigned by the coaching staff

Before the game begins, every player must return their basketball to the proper team bag. Each player is personally responsible for taking care of their assigned basketball and ensuring that it is not lost, damaged, left behind, or taken by another player.

The goal is for every player to get shots up, warm up their dribbling, and prepare before the team warmup begins. No player should arrive at the official team warmup cold, unfocused, or unprepared.

**Get your basketball. Get your shots up. Warm up your handle. Return your basketball. Then be ready to prepare with the team!**

## **20. It's All About STARS BUSINESS!**

Georgia Stars 2031 Gold is about enjoying the game, having fun, building friendships, creating memories, and developing strong relationships with your teammates. We want every player to enjoy the journey and love being part of this team.

However, every player must understand when it is time to have fun and when it is time to handle **STARS BUSINESS**.

When it is time to prepare, practice, warm up, listen to the coaches, enter the court, and compete, every player must become focused, disciplined, and ready to perform.

Handling **STARS BUSINESS** means:

- Arriving prepared and ready to work
- Taking practices, warmups, and games seriously
- Listening when coaches are speaking



- Eliminating unnecessary distractions
- Competing with maximum effort and intensity
- Communicating with teammates
- Executing your assignment
- Supporting the team from the court and the bench
- Playing with discipline, confidence, and purpose
- Representing Georgia Stars 2031 Gold with pride

There is a time to laugh, have fun, and enjoy your teammates. There is also a time to lock in, focus, and take care of business. Every Star must learn to recognize the difference.

**Enjoy the game. Enjoy your teammates. Enjoy the journey. But when it is time to prepare and step onto that court, it is all about STARS BUSINESS!**

## **Player Accountability**

Parents are supporters, but players are responsible and accountable.

Failure to meet these standards may result in:

- A verbal or written warning
- Additional conditioning or corrective assignments
- Reduced playing time
- Suspension from practices, games, travel, or team activities
- Removal from Georgia Stars 2031 Gold

Consequences will be based on the player's actions, decisions, preparation, effort, attitude, discipline, and commitment to the team.

**Being a Star is more than wearing the uniform—it is accepting the responsibility that comes with it.**

## **Player, Parent, and Coach Acknowledgment**

By signing below, the player confirms that they have read, understand, and agree to follow the **Georgia Stars 2031 Gold Player Standards and Responsibilities**.



The parent or guardian confirms that these standards have been reviewed with the player and understands that the player is personally responsible for meeting the team's expectations.

The coach confirms that these standards have been reviewed and communicated to the player and parent or guardian.



Our practices are built on **high energy, constant communication, teamwork, discipline, and maximum effort**. We do not wait until game day to compete with intensity—we prepare that way every day.

**Practice at game speed. Communicate with purpose. Bring the energy.  
Compete as one team.**



## Stars Player

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Parent or Guardian

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Coach

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_



Date: \_\_\_\_\_

